

ק"ק חזוק אמונה

CHIZUK AMUNO CONGREGATION

How to put on a Tallit:

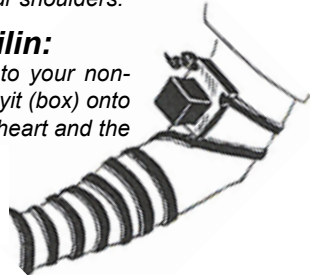
Hold the top two corners of your tallit and say the following brakha:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.

Kiss the tallit and then place it on your shoulders.

How to put on Tefillin:

Slide the shel yad (arm tefillin) onto your non-dominant arm. Tightly secure the bayit (box) onto your bicep with the box facing your heart and the knot on the top. Wrap one loop around your bicep to secure the bayit and then 7 loops between your elbow and wrist bone. While wrapping say:



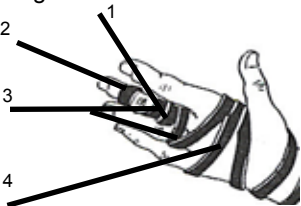
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Place the shel rosh (head tefillin) on the edge of your hairline with the bayit centered between your eyes. Say the following brakha:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר
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Finish wrapping the shel yad around the hand to spell the word Shaddai (a name for God):

1. Wrap once around the middle finger around the bottom knuckle.
2. Wrap once around the top knuckle of the middle finger.
3. Wrap once around the middle knuckle of the middle finger and then once around the ring finger.
4. Finish wrapping the remainder of the strap around the palm of your hand.



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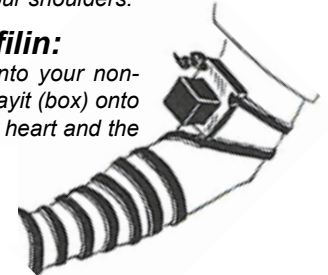
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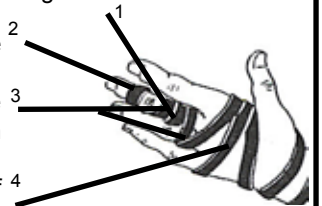
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NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

NAME _____

ADDRESS _____

PHONE _____

EMAIL _____
